

About immunisation 有关免疫接种

Information for older people
老年人须知



Simplified Chinese \ 简体中文

Easy English





Hard words 难懂的词

This book has some hard words.

这本书包含一些难懂的词。

The first time we write a hard word

我们第一次使用一个难懂的词时

- the word is in **blue**
- 这个词会用**蓝色**显示

- we write what the hard word means.
- 我们会写出那个难懂的词的意思。

You can get help with this book 您可以寻求帮助来读懂这本书

You can get someone to help you

您可以找人来帮您



- read this book
- 读这本书

- know what this book is about
- 了解这本书的内容



- find more information.
- 查询更多信息。

About this book 有关这本书

This book is written

这本书由



- by Queensland Health
- Queensland Health



- for older people.
- 为老年人编制。

This book is about **immunisation**.

这本书有关**免疫接种**。

Immunisation means your body is protected from some diseases.

免疫接种指接种疫苗后您的身体受到保护免受一些疾病的困扰。

You need to have a **vaccine** to be immunised.
您需要接种**疫苗**才能获得免疫力。



A vaccine is protection medicine.
疫苗是起保护作用的药品。

The medicine might be
接受这种药品的方式可能有



- injected
- 注射

- swallowed.
- 口服。



All vaccines used in Australia are safe.
澳大利亚使用的所有疫苗都是安全的。

Why is immunisation important? 为什么免疫接种很重要?

Immunisation protects you from diseases that
can

免疫接种可保护您免受疾病困扰, 这些疾病可以



- make you sick
- 让您生病

- cause death.
- 导致死亡。

Immunisation can protect you from a lot of diseases.

免疫接种可以保护您免受多种疾病的困扰。

For example

例如



- the flu
- 流感



- shingles
- 带状疱疹

- a painful rash that makes you very sick.

- 让您很难受的一种很疼的红疹。



When a lot of people get immunised it is hard for diseases to spread in the community.

如果许多人都接种了疫苗，疾病就难以在社区内传播。

Who should get immunised? 谁应该接种疫苗?

Everyone should get immunised.

人人都应该接种疫苗。

For example

例如



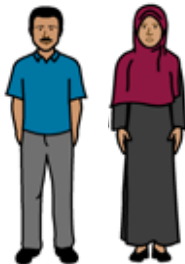
- babies
- 婴儿



- children
- 儿童



- young adults
- 青少年



- adults
- 成年人

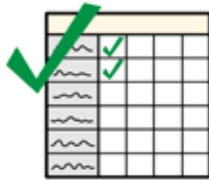


- older people.
- 老年人。

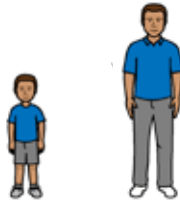
It is very important for older people to get immunised. It is harder to fight disease when you get older.

老年人接种疫苗非常重要。随着您的年龄不断增长,抵抗疾病的能力也会变差。

When should you get immunised? 您应该什么时候接种疫苗?



Australia has an immunisation **schedule**.
澳大利亚有免疫接种**计划表**。



A schedule says which vaccines should be given at different ages.

计划表会列出不同年龄段应接种的疫苗。

It is important to follow the schedule.

按照计划表接种很重要。



When you follow the schedule you will be better protected from disease.

如果按照计划表接种,您会获得更好的保护来抵抗疾病。

You might have to get immunised again if you do **not** have immunisation records from your home country.

如果**没有**原来居住国家的免疫接种记录,您可能需要重新接种疫苗。



If you travel outside Australia you might need immunisations to keep you safe from disease.

如果旅行至澳大利亚以外的国家,您可能需要免疫接种来帮您抵抗疾病。



Your doctor can tell you which immunisations you will need.

您的医生会告诉您需要哪些免疫接种。

Will the immunisations hurt? 免疫接种痛吗？

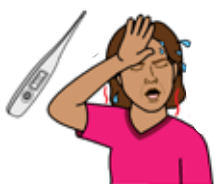


You might feel a small pain when you get the injection.

在打针时您可能会觉得有点痛。

You might have pain **after** the injection. For example, a sore arm.

打完针**后**您可能会觉得痛。例如, 手臂酸疼。



You might have a mild fever **after** the injection.

打完针**后**您可能会发低烧。

Pain and fever will usually go away.

疼痛和发烧通常会消失。

If you are worried you can see your doctor.

如果您觉得担心, 可以去看医生。

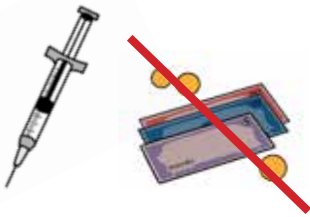
Where to get immunised 在哪里接种疫苗？



You can also get immunised by your doctor.

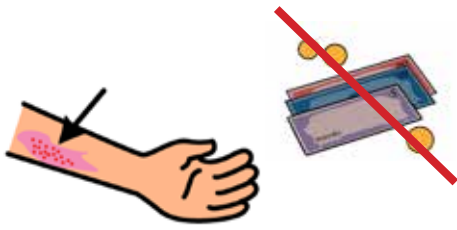
您也可以在医生那里接种疫苗。

How much do immunisations cost? 免疫接种的费用是多少？



If you are aged 65 or older you can get a free immunisation for the flu.

如果您是65岁或以上，就可以免费接种流感疫苗。



If you are aged 70 you can also get a free immunisation for shingles.

如果您是70岁,就可以免费接种带状疱疹疫苗。



If you are aged 70 years or older you can also get a free immunisation for pneumococcal disease - a disease that can cause infection of the lungs, brain or blood.

如果您的年龄是70岁或以上,则可以免费接种肺炎球菌病疫苗,肺炎球菌病是一种可以导致肺部、脑部或血液感染的疾病。



If you get immunised by your doctor you might have to pay for the doctor visit.

如果您是在医生那里接种疫苗,则您可能需要支付看医生的费用。

Where can you get your immunisation record? 哪里可以获取您的免疫接种记录?

You can get your immunisation record from
您可以通过以下方式获得自己的免疫接种记录：



- your doctor
- 您的医生

- the Australian Immunisation Register.
- Australian Immunisation Register



Call the Australian Immunisation Register on
1800 653 809.

致电Australian Immunisation Register, 电话号码是1800 653 809。



Ask for your immunisation history statement.

索取您的免疫接种历史记录。

Notes

笔记



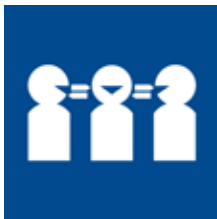
More information 更多信息

For more information contact Queensland Health.
如需获取更多信息请联系Queensland Health。



Call 13 432 584
致电13 432 584

If you need an interpreter contact the Translating
and Interpreting Service



如果您需要口译员帮忙, 请联系Translating and
Interpreting Service。

Call 131 450
致电131 450

This is a free service.
这项服务是免费的。



For information about immunisation visit
有关免疫接种的信息, 请浏览网站

www.qld.gov.au/health/conditions/immunisation

or

或者

www.vaccinate.initiatives.qld.gov.au

For information in your language visit
如需获取相关信息的中文版, 请浏览网站

www.humanservices.gov.au/individuals/migrants-refugees-and-visitors

www.humanservices.gov.au/individuals/information-in-your-language

www.healthtranslations.vic.gov.au

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Scope's Communication and Inclusion Resource Centre wrote the Easy English version in September, 2019.

To contact Scope call 1300 472 673 or visit www.scopeaust.org.au

To see the original contact Queensland Health.

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